



## AMIGOS Peer Led Activity Groups July (Hongongoi)



Monday / Rāhina	Tuesday / Rātū	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere	Saturday / Rāhoroi
					1 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> (Evaro) 2-4pm <b>Fishing Group</b>
3 1pm <b>Curry catch-up</b> Planet Spice \$12+ 5:30pm <b>Guitar</b> (Evaro)	4 1pm <b>Café Group</b> Baobab Cafe	5	6  11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	7	8 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> 2:15pm <b>Coffee &amp; Crafts</b> (Evaro)
10 Noon (Miramar walk) <b>Chocolate Frog</b> 1pm <b>Chocolate Frog</b> 5:30pm <b>Guitar</b> (Evaro)	11 1pm <b>Café Group</b> Baobab Cafe	12	13  11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	14  <b>Matariki</b>	15 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> (Evaro) 2-4pm <b>Fishing Group</b>
17 1pm <b>Curry catch-up</b> Planet Spice \$12+ 5:30pm <b>Guitar</b> (Evaro)	18 1pm <b>Café Group</b> Baobab Cafe	19	20 <b>Talk by Emily Cooney</b> 1.30pm (St. Peter's) 11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	21 Friday talk is on <b>Thursday</b> , on Cognitive Behaviour Therapy	22 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> 2:15pm <b>Coffee &amp; Crafts</b> (Evaro)
24 Noon (Miramar walk) <b>Chocolate Frog</b> 1pm <b>Chocolate Frog</b> 5:30pm <b>Guitar</b> (Evaro)	25 1pm <b>Café Group</b> Baobab Cafe	26	27  11am <b>Walking Grp</b> (Kilbirnie) 12:15pm <b>Café Grp</b> (Kilbirnie) 5:30pm <b>Writing Grp</b> (Evaro)	28 Tracy Ward on volunteering. 1.30 pm (St. Peter's)	29 11:30am <b>Mindfulness</b> 1pm <b>Movement for Fun</b> (Evaro)

**Planet Spice**  
Riddiford St, Newtown

**Evaro (CBD)**  
Lvl 1, James Smiths Cnr

**Chocolate Frog Café**  
Palmers Garden Centre

**Baobab Café**  
Riddiford St, Newtown

**Hey George Cafe**  
17 Bay Road, Kilbirnie

**St Peters Undercroft**  
(green door, behind ch)

## Amigos Peer Support Group

Wellington's Consumer-led Support Network

### Mission Statement

Amigos provides peer support in welcoming groups, to foster friendship and self-development for people who have experienced mental distress, in order to enhance their well-being.

### Purpose

Amigos is group of adults who are interested in connecting with other adults who have had similar experiences:

- for friendship
- to help in their recovery
- as a stepping stone to integration within the wider community.

### We are supported by:

- Amigos volunteer leaders and supports
- Christine Taylor Foundation for Mental Health
- CH Iazard Bequest
- Wellington City Council
- Wellington Community Fund
- Balance Aotearoa
- COGS

We do not accept funding from providers of alcohol, tobacco, and gambling .

Amigos is Spanish for friends.  
Amigos logo by LoreNZo

## Whakawhanaungatanga

(Finding connections to each other)

An Amigos Peer led event or activity is an opportunity to meet people and enjoy their company. Anyone comfortable with our kaupapa of strengthening recovery by sharing whanaungatanga and experience is very welcome.

(That of course could include whānau or a support person.)

### Contacts / Information

#### Phone

Steve: 04 385 4752

**Email:** [steve.kohler@xtra.co.nz](mailto:steve.kohler@xtra.co.nz)

**Web:** <https://www.amigospeersupport.nz/>

#### Facebook

<https://www.facebook.com/AmigosWgtn/>

Nāu Mai! Hāere Mai!  
Hāere Mai!



Peer Support

Calendar of Peer Led Activity  
Groups

July 2023

Hongongoi

We are partnered with

